## WHAT IS CLAIMED IS:

1. A method of manufacturing a semiconductor structure, the method comprising:

providing a semiconductor substrate or substrate assembly; providing a precursor composition comprising one or more complexes of the formula:

$$[(R^1)NC(R^2)C(R^3)N(R^4)]_xML_y$$

wherein:

M is a Group IVB, VB, or VIB metal; each R<sup>1</sup>, R<sup>2</sup>, R<sup>3</sup>, and R<sup>4</sup> group is independently H or an organic group;

L is selected from the group of CO, NO, CN, CS, CNR<sup>5</sup>, R<sup>6</sup>CN, or R<sup>7</sup>, wherein each R<sup>5</sup>, R<sup>6</sup>, and R<sup>7</sup> group is independently an organic group;

x = 1 to 4; and

y = 1 to 4; and

forming a metal-containing film from the precursor composition on a surface of the semiconductor substrate or substrate assembly.

- 2. The method of claim 1 wherein the step of forming a metal-containing film comprises vaporizing the precursor composition and directing it toward the semiconductor substrate or substrate assembly using a chemical vapor deposition technique.
- 3. The method of claim 2 wherein the chemical vapor deposition technique comprises flash vaporization, bubbling, microdroplet formation, or combinations thereof.

- 4. The method of claim 2 wherein the precursor composition is vaporized in the presence of a carrier gas.
- 5. The method of claim 2 wherein the precursor composition is vaporized in the presence of a reaction gas.
- 6. The method of claim 5 wherein the reaction gas is selected from the group of H<sub>2</sub>, SiH<sub>4</sub>, Si<sub>2</sub>H<sub>6</sub>, NH<sub>3</sub>, N<sub>2</sub>H<sub>4</sub>, PH<sub>3</sub>, AsH<sub>3</sub>, GeH<sub>4</sub>, t-BuSbMe<sub>2</sub>, H<sub>2</sub>S, H<sub>2</sub>Se, Te(allyl)<sub>2</sub>, and combinations thereof.
- 7. The method of claim 1 wherein each  $R^1$ ,  $R^2$ ,  $R^3$ , and  $R^4$  group is independently H or a  $(C_1-C_{30})$  organic group.
- 8. The method of claim 1 wherein the complex is a monomer.
- 9. The method of claim 1 wherein each R<sup>1</sup>, R<sup>2</sup>, R<sup>3</sup>, and R<sup>4</sup> group is independently H or a (C<sub>1</sub>-C<sub>4</sub>)alkyl moiety.
- 10. The method of claim 1 wherein R<sup>7</sup> is cyclopentadienyl or a substituted cyclopentadienyl.
- 11. The method of claim 1 wherein the precursor composition is a liquid.
- 12. The method of claim 1 wherein the metal is a Group VB metal.
- 13. The method of claim 12 wherein the metal is vanadium.
- 14. The method of claim 1 wherein the metal-containing film is a Group IVB, VB, or VIB metal alloy film.

15. A method of forming a film on a substrate, the method comprising:

providing a substrate;

providing a precursor composition comprising one or more complexes of the formula:

$$[(R^{1})NC(R^{2})C(R^{3})N(R^{4})]_{x}ML_{y}$$

wherein:

M is a Group IVB, VB, or VIB metal; each R<sup>1</sup>, R<sup>2</sup>, R<sup>3</sup>, and R<sup>4</sup> is independently H or an organic group;

L is selected from the group of CO, NO, CN, CS, CNR<sup>5</sup>, R<sup>6</sup>CN, or R<sup>7</sup>, wherein each R<sup>5</sup>, R<sup>6</sup>, and R<sup>7</sup> group is independently an organic group

x = 1 to 4; and

y = 1 to 4; and

forming a metal-containing film from the precursor composition on a surface of the substrate.

- 16. The method of claim 15 wherein the step of forming a metal-containing film comprises vaporizing the precursor composition and directing it toward the substrate using a chemical vapor deposition technique.
- 17. The method of claim 14 wherein the precursor composition is liquid.
- 18. A chemical vapor deposition system comprising:a deposition chamber having a substrate positioned therein;

a vessel containing a precursor comprising one or more complexes of the formula:

 $[(R^1)NC(R^2)C(R^3)N(R^4)]_xML_y$  wherein:

M is a Group IVB, VB, or VIB metal; each R<sup>1</sup>, R<sup>2</sup>, R<sup>3</sup>, and R<sup>4</sup> is independently H or an organic group;

L is selected from the group of CO, NO, CN, CS, CNR<sup>5</sup>, R<sup>6</sup>CN, or R<sup>7</sup>, wherein each R<sup>5</sup>, R<sup>6</sup>, and R<sup>7</sup> group is independently an organic group;

x = 1 to 4; and

y = 1 to 4; and

a source of an inert carrier gas for transferring the precursor to the chemical vapor deposition chamber. 19. A chemical vapor deposition system comprising:

a deposition chamber having a substrate positioned therein; a vessel containing a precursor composition comprising one or more complexes of the formula:

$$[(R^{1})NC(R^{2})C(R^{3})N(R^{4})]_{x}ML_{y}$$

wherein:

M is a Group IVB, VB, or VIB metal; each R<sup>1</sup>, R<sup>2</sup>, R<sup>3</sup>, and R<sup>4</sup> is independently H or an organic group;

each L is independently CO, NO, CN, CS, CNR<sup>5</sup>, R<sup>6</sup>CN, or R<sup>7</sup>, wherein each R<sup>5</sup>, R<sup>6</sup>, and R<sup>7</sup> group is independently an organic group;

x = 1 to 4; and

y = 1 to 4.

- 20. The system of claim 19 wherein the deposition chamber is adapted for forming a metal-containing film comprising vaporizing the precursor composition and directing it toward the semiconductor substrate or substrate assembly using a chemical vapor depositional technique.
- 21. The system of claim 20 wherein the chemical vapor deposition technique comprises flash vaporization, bubbling, microdroplet formation, or combinations thereof.
- 22. The system of claim 20 wherein the precursor composition is vaporized in the presence of a carrier gas.
- 23. The system of claim 20 wherein the precursor composition is vaporized in the presence of a reaction gas.

- The system of claim 23 wherein the reaction gas is selected from the 24. group of H<sub>2</sub>, SiH<sub>4</sub>, Si<sub>2</sub>H<sub>6</sub>, NH<sub>3</sub>, N<sub>2</sub>H<sub>4</sub>, PH<sub>3</sub>, AsH<sub>3</sub>, GeH<sub>4</sub>, t-BuSbMe<sub>2</sub>, H<sub>2</sub>S, H<sub>2</sub>Se, Te(allyl)<sub>2</sub>, and combinations thereof.
- The system of claim 19 wherein each R<sup>1</sup>, R<sup>2</sup>, R<sup>3</sup>, and R<sup>4</sup> group is 25. independently H or a (C<sub>1</sub>-C<sub>30</sub>)organic group.
- The system of claim 19 wherein the complex is a monomer. 26.
- The system of claim 19 wherein each R<sup>1</sup>, R<sup>2</sup>, R<sup>3</sup>, and R<sup>4</sup> group is 27. independently H or a (C<sub>1</sub>-C<sub>4</sub>)alkyl moiety.
- The system of claim 19 wherein R<sup>7</sup> is cyclopentadienyl or a substituted 28. cyclopentadienyl.
- The system of claim 19 wherein the precursor composition is a liquid. 29.
- The system of claim 19 wherein the metal is a Group VB metal. 30.
- The system of claim 30 wherein the metal is vanadium.
- The system of claim 19 wherein the metal-containing film is a Group IVB, 32. VB, or VIB metal alloy film.
- A chemical vapor deposition system comprising: 33. a deposition chamber having a semiconductor substrate or substrate assembly positioned therein; a vessel containing a precursor composition comprising one or more complexes of the formula:

 $[(R^1)NC(R^2)C(R^3)N(R^4)]_xML_v$ 

wherein:

M is a Group IVB, VB, or VIB metal; each  $R^1$ ,  $R^2$ ,  $R^3$ , and  $R^4$  is independently H or an organic group; each L is independently CO, NO, CN, CS, CNR<sup>5</sup>, R<sup>6</sup>CN, or  $R^7$ , wherein each  $R^5$ ,  $R^6$ , and  $R^7$  group is independently an organic group; x = 1 to 4; and y = 1 to 4.

- 34. The system of claim 33 wherein each  $R^1$ ,  $R^2$ ,  $R^3$ , and  $R^4$  is independently H or a  $(C_1-C_{30})$  organic group.
- 35. The system of claim 33 wherein the complex is a monomer.
- 36. The system of claim 33 wherein each  $R^1$ ,  $R^2$ ,  $R^3$ , and  $R^4$  group is independently H or a  $(C_1-C_4)$ alkyl moiety.
- 37. The system of claim 33 wherein R<sup>7</sup> is cyclopentadienyl or a substituted cyclopentadienyl.
- A chemical vapor deposition system comprising:

   a deposition chamber having a semiconductor substrate or
   substrate assembly positional therein;
   a vessel containing a precursor composition comprising one or
   more liquid complexes of the formula:

$$[(R1)NC(R2)C(R3)N(R4)]x MLy$$

wherein:

M is a Group IVB, VB, or VIB metal; each  $R^1$ ,  $R^2$ ,  $R^3$ , and  $R^4$  independently H or a ( $C_1$  - C<sub>30</sub>)organic group;

each L is independently CO, NO, CN, CS, CNR<sup>5</sup>, R<sup>6</sup>CN, or R<sup>7</sup>, wherein each R<sup>5</sup>, R<sup>6</sup>, and R<sup>7</sup> group is independently an organic group;

x = 1 to 4; and

y = 1 to 4.